

CHURCH
NOTICES

ANGLICAN

ALL SAINTS, TUMUT
Friday, July 8: 10.45am
Holy Communion at
Bupa.

Sunday, July 10: 9am
Family Service of Holy
Communion and Kid's
Talk.

Wednesday, July 13:
7.30am Holy Communion;
2.30pm Holy Communion
at Murray Glen.

ST PAUL'S, ADELONG
1st Friday: 10.30am, Holy
Communion.

Sunday Services –
9.30am.

ST JOHN'S, BATLOW
Each Sunday at 9am
ST JAMES TUMBLONG
1st Sunday – 9am

CATHOLIC

ADELONG: Sunday at
10am.

BATLOW: Sunday at
8.30am.

GUNDAGAI: Saturday
Vigil at 6pm.

TUMUT: Saturday Vigil at
6pm; Sunday Mass at
10am with Children's
Liturgy.

TALBINGO: Communion
Service, 1st, 3rd and 5th
Sundays at 8.30am.
Mass 2nd and 4th Sun-
days at 8am.

UNITING CHURCH
Weekly Sunday Worship
Service, 9am.

**ST ANDREWS
PRESBYTERIAN**
Forest Street, Tumut

TUMUT: Sundays,
9.30am Worship.

BAPTIST

TUMUT: 10am Sunday,
Worship and Sunday
School for children. (Cor-
ner of Bundara Crescent
& the Snowy Mountains
Highway).

**SEVENTH-DAY
ADVENTIST**

TUMUT Services each
Saturday (Sabbath): Sab-
bath School Bible Study
(all ages) 9.30am,
Church Service 11am.

**TUMUT & DISTRICT
REVIVAL
FELLOWSHIP**

Adelong Community
Centre at 11am and 2pm.

TUMUT

COMMUNITY CHURCH
Saturday at 5.30pm on
the last Saturday of each
month: Meal provided.

Sunday services at 10am
each Sunday, except on
the Sunday following the
Saturday night service.

Spread the
word about
diabetes

HELP break a Guinness World Record by joining together to stand on one leg for two minutes, suggests Murrumbidgee Local Health District (MLHD) in the lead up to National Diabetes Week from 10 to 16 July.

There are more than three diabetes related amputations every day in NSW.

"We are urging the local community to help us spread the word about the seriousness of diabetes, and the complications, such as amputations, that are associated with it," said Clinical Nurse Consultant - Diabetes Education, Debbie Scadden.



Adelong farmer Suzie Chisholm has had rollbars installed onto her three quad bikes in an effort to reduce the serious dangers that come hand in hand with using the equipment.

Quad bike roll bar safety review

Ellen McGruer

WE'VE known for some time that quad bikes are the most deadly piece of farm machinery, causing 220 deaths in the past 15 years and amounting to countless injuries.

But it seems the jury's still out on the effectiveness of rollover bars, and safety researchers are to separate fact from fiction. A new Quad Bike Workplace Safety Survey is seeking answers from those that have been involved in quad bike accidents, to determine the effectiveness of the bars.

University of NSW researcher Keith Simmons is heading up the research project, and is urging the community to help, whether their accidents occurred with or without a rollover bar.

"We need to know what type of quad bike crashes they've had, and what injuries they've had," Mr Simmons told ABC Rural.

"We need to get information from people who have never had an operator protection device (OPD), and those who had one fitted, and we'll be able to compare the crashes, their type and severity of injury. We hope to determine once and for all whether OPDs do protect the operator."

Adelong woman Susie Chisholm owns three quad bikes, and has taken the precaution of having all fitted with a rollover bar.

"I have three Honda quads, mainly 650s because they are bigger and in my opinion more secure; the little bikes flip more easily," said Ms Chisholm.

"I first saw the rollover bars on Landline and began to research them. I ended up purchasing the ATV Lifeguard rollover bar, a New Zealand-made product which actually has a flexible bar which concertinas around you to protect you."

While Ms Chisholm hasn't had any serious accidents on the quad, she has had several near-misses which have made her very diligent about the dangers of the bike.

"I was carrying a big roll of wire on the front of the bike, and went to

chuck it off into the horse yard when it caught the accelerator. The bike spun out and reared up like a horse and threw me off before taking off down the hill on its own," said Ms Chisholm.

"The second time I was loading the bike onto the ute and could see the ladder wasn't clipped in properly. I thought the weight of the bike would clip it in, but instead the back offside wheel ladder fell off and the bike rolled onto its side; I was thrown off."

Ms Chisholm is acutely aware of the dangers of quad bikes and takes all necessary precautions to protect herself while using the necessary piece of farming equipment.

"I know how dangerous they are, and make sure I don't pull them around in a tight circle or go cross-wise on a hill," said Ms Chisholm.

"Those two accidents were my fault, and I was rushing and not taking my time. I think most accidents happen from carelessness of the rider."

The roll bar, she says, is another important safeguard.

"I'd like to see them made mandatory, and think they will be in time. I'm not saying it will definitely save your life, but it's an insurance policy," said Ms Chisholm.

Despite her efforts to promote the device to her fellow farmers, most aren't keen in investing.

"No one I know has a roll bar. I took the bike on that back of my ute to a lunch party to show people what it was all about, but no one enquired after the roll bar. I'm not sure if they thought I was working for the company and trying to raise a profit, but I just wanted to show them how it worked."

Ms Chisholm sees the issue of quad safety as something of a national emergency, and says the staggering numbers of people dying in quad-related accidents is unacceptable.

"There were 64 quad-related fatalities on farms last year. If 64 people were burnt in a bushfire, there would be a huge outcry, but that isn't happening with these farm accidents."

Matthew Tiplady is the Melbourne-

based rep for the ATV Lifeguard which has been sold to thousands of people in its four years on the market, and won a number of awards, including 'Best New Safety Product or Innovation' at the 2014 AgFest.

"I've had many user reviews of people that have flipped bikes with the ATV Lifeguard installed, and none have been hospitalised or seriously injured," said Mr Tiplady.

"I had a guy riding down a bitumen path when a cow bolted and he had to suddenly brake. At that exact moment his tyre went into a pothole and the bike flipped over. He said it scared the daylight out of him, but the Lifeguard went right across him and he didn't even get bruised."

He says people's negativity towards roll bars is reminiscent of the 1970s, when roll bars were made mandatory on tractors.

"There was the same amount of negativity back then, but when that became law we saw a drop in tractor-related farm deaths of 72 per cent. Similarly, the Lifeguard can reduce your risk by up to 90 per cent," said Mr Tiplady.

"I grew up on a farm and am passionate about farm safety. I know this product works; I have proof of that from the many farmers who have had significant rolls on their bikes and walked away unscathed. Many of them say without the Lifeguard they would surely be dead."

Being pinned under the bike and being asphyxiated is the major cause of death for Australian farmers, many of whom work alone in remote locations.

"Most quad-bike deaths in Australia happen with farmers that work on their own and become pinned under the bike. They don't have the strength to push the bike off them. Seven of the last eight quad-bike deaths in Victoria happened this way, including a prominent barrister just a month ago," said Mr Tiplady.

The Lifeguard works in a multitude of ways to protect the rider, regardless of which way the bike flips says Mr Tiplady.

"If bike rolls sideways, it stops the

bike rolling on person, it rolls away instead and some farmers have reported it rolling right back onto its wheels," said Mr Tiplady.

"If it's a rear flip, the Lifeguard absorbs the impact in a similar fashion to an airbag. You might get a fair whack or a bruise, but it's designed like a spine, it's flexible, passive and yielding; it moulds around you."

"If the bike falls into a ditch or lower ground, the Lifeguard provides a gap that you can use to crawl out from under the bike."

Mr Tiplady believes responsible risk-aware farming enterprises should get on board with this lifesaving trend, as he says every farmer has had an accident or a serious near-miss on the bike.

"I've been at hundreds of field days and basically every single person has flipped at some stage; quad bikes are inherently unstable and will flip over on a sixpence," said Mr Tiplady.

"Nine out of ten times, the person might have someone with them that can quickly pull the bike off them and away they go, but when they don't that's when they can be in serious trouble."

Mr Tiplady says it's the farmers that use these bikes everyday that are at most risk, not the out-of-towners that aren't used to the vehicles.

"It's not kids or city people that are having these accidents; it's everyday farmers that make a small mistake that can prove deadly. Most of these accidents happen at slow speed; when they're moving fast the person will be flicked one way and the bike the other, the slow-speed is when the serious accidents occur," said Mr Tiplady.

"It's a particular problem in Australia as the farms are so remote; in the UK they're all within a kilometre of each other and everyone can see what's going on. That's not the case in Australia, with many farmers working alone on huge properties."

If you would like to contribute your quad bike experiences to the research project, visit www.quadbike.unsw.edu.au to complete the survey by the end of August.